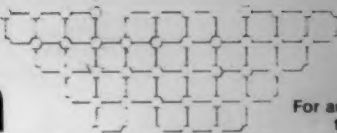


the first edition



For and About Employees of
the K mart Home Office

KIH runners are all winners at Free Press Marathon

It takes a different breed of person to run in a marathon and the employees who participated in the Detroit Free Press Marathon represent that breed. Each has drive and tremendous perseverance. Those are the requirements needed to finish those last few miles.

Veteran marathoners of the 26.2 mile course are Bob Latako, CSD; Sam Rabah, CSD; and Susan McKevey, publicity director. Newcomers to the race are Sally Kurtz, CSD; Pam Mueller, CSD; Carlos Brown, tax; Dennis Dorn, senior buyer, small appliances; and Mike Foltyn, internal audit.

Kurtz began running two and a half years ago. "When I began to jog someone told me I would never last. They said I would last only a week. But I have found that it's a good activity that I can do right when I get

home from work. I don't have to go somewhere to do it, like getting in my car to go play tennis or something."

Before the race, Kurtz says that if she could run the marathon in three and a half hours, she would be happy and could qualify for the Boston Marathon. She finished with a 3:26:18. "All of my conditions were met for the race. Everything was perfect. I ran the entire way. Before the race, I was thinking of retiring from running, but I'm reconsidering now. It's just that it takes up so much time."

A purist she's not, but Kurtz was diligent in her training. "This summer was a bad one to train because it was so hot." But she got herself up to a few 20 mile runs before the marathon, usually on a Sunday morning. Then, she would do a 12 mile run midweek and four or five, six to eight mile runs throughout the week. "The most you ever run before a marathon is 20 miles and that's just once a week," Kurtz says.

It was also the first marathon for Pam Mueller, CSD, who has been



Sam Rabah, CSD, nearing the 12 mile mark.

Photos, Randy Cook.



Moments before the race begins.

running for three or four years. "I've been training since March. I did everything that an article in a running magazine says to do. I finished with a 4:15, but in all of the excitement of finishing, I forgot to turn in my stick to have my time recorded. I would do the run again next year, but I would train a little differently next time. It's hard to put all the time of running in, especially when the daylight hours become shorter."

When she crossed the finish line, Mueller felt good. "My legs were sore, so I think I should have stretched afterwards. I felt okay all Sunday after the race. Then I felt a bit of stiffening on Monday and it was worse on Tuesday. By Wednesday I started to feel better."

Sam Rabah, veteran marathoner, didn't have the rigorous training regime that he has had in previous years, due to a soccer injury he sustained earlier in the summer. "I didn't train at all until three weeks before the race. I train by eating," chuckles Rabah. "But truthfully, I ran five and ten miles every other day and went 15 miles before the race. I played soccer all summer long, but I was a goalie because of an injury."

Rabah's pre-marathon eating consisted of a lot of bread, spaghetti

Continued on pg. 3